

THE FUN COOKING MAGAZINE FOR FAMILIES

WINTER 2023

CHOP CHOP

HOLIDAY GIFTS WITH WOW FACTOR

Easy-to-make treats that will
please everyone on your list

EVERYBODY MAKES CHICKEN SOUP

Try these warming meals
from all around the world

OUR MISSION

ChopChop Family is a national nonprofit organization that uses food and cooking to help children and their adults build fundamental life skills.

OUR VISION

We envision a world where all children and their adults have the necessary skills and tools to lead healthy lives.

WHAT MATTERS TO US

We believe that cooking and eating together is fundamental to every family's health and happiness, and that if children learn healthy eating habits when they are young, they will maintain healthy lifestyles into their teenage and adult years. Cooking not only promotes better health; it also builds relationships, saves money, and teaches math, science, and cultural and financial literacy, along with other critical life skills. We aim to counteract today's rampant "kitchen illiteracy" by empowering families and communities with our positive message and common-sense, innovative, and fun solution.

WANT TO HELP? HERE'S HOW

We are a small nonprofit with a huge mission, and we could use your help. When you donate, subscribe, or sponsor, you help us give *ChopChop* to those who need it most.

DONATE! Donate at chopchopfamily.org/support-us to help with our mission to get *ChopChop* to organizations that serve those most at risk.

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All recipes by **Sally Sampson** and **Catherine Newman**, unless otherwise attributed.



THE LEARNING GUIDE TO THIS ISSUE

LEARN THE KEY

At the top of each recipe, you'll find a key code. Here's how to read it:

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 1 HOUR ■ MAKES: 6 SERVINGS

ADULT

"Yes" means you need an adult to help you. "No" means you can do it by yourself. Always get help from your adult when a recipe calls for using a knife, food processor, blender, or stove.

HANDS-ON TIME

This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe.

TOTAL TIME

This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as HANDS-ON TIME.

MAKES

This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

LEARN THE LINGO

Here are some of the cooking terms you might see in our recipes.

If you come across others you don't know, look them up! (You knew we were going to say that.)

- **Cored** means with the stem and hard center part removed.
- **Diced** means cut up into cubes about the size of dice.
- **A pinch** is the small amount you can pinch between your finger and thumb.
- **Pitted** or **seeded** means with the pits or seeds removed.
- **Sauté** means to cook something gently in a little oil.
- **Simmer** means to cook at a very gentle boil.
- **To taste** means taste it to see whether you want to add more of something.
- **Toss** means to mix together lightly.

KITCHEN SKILL

How to chop an onion

1. Trim the root end and stem end off the onion.
2. Cut the onion in half from end to end.
3. Peel off the papery skin.
4. Put the flat side down on the cutting board, and cut the onion into slices one way and then into slices the other way, so that you end up with a grid of little squares.

Remember:

- **Hold the knife in the hand you use to write**, gripping it firmly around the handle.
- **Use your other hand to steady the onion**, keeping your fingers curled under, away from the blade.
- **Pay attention to where the knife is:** As it moves forward, your food-holding fingers should move backward. The distance between the blade and your other hand should always stay the same.
- **Onions can make your eyes tear up!** To reduce the crying factor, try refrigerating the onion before you cut it.



KITCHEN SKILL

How to grate citrus zest

Some recipes in this issue call for (that's recipe-speak for "ask you to use") grated orange zest as an ingredient. The zest is the really flavorful, colorful outer part of the peel of a citrus fruit. Always zest the fruit before you juice it.

1. Wash the fruit well and dry it.
2. Rub the fruit gently back and forth across a wand grater or the finest holes of a box grater. Stop when you see the white part beneath (that's called the pith, and it's bitter) and move the fruit to grate a fresh spot.
3. Continue until all the colorful zest is grated off.

The surface of the grater is sharp, so be sure to keep your fingers away from it!

If you don't have a grater, use a vegetable peeler to sliver off skinny strips of peel. Cut the slivers into tiny pieces with a knife or kitchen scissors.



KITCHEN SKILL

How to use a blender

While you are learning, you might need an adult to help make sure the blender lid is on tight, to know which buttons to use, and to figure out how long to blend.

1. Put all the ingredients in the blender.
2. Put the lid on tightly.
3. Turn the blender to a medium setting and blend until the mixture is smooth, about 30 seconds.

Remember:

- **Put the lid on before you turn on the blender**, or your ingredients may wind up on the ceiling!
- **Ask an adult for help.** The blades are sharp! Be careful, especially when cleaning your blender. Make sure the blades have completely stopped moving before taking off the lid or pouring your mixture.
- **Keep the blender cord away from the sink and any other water source.** The combination of electricity and water can give you an electric shock.



Dear Grownups,

This issue is about soup and gifts you can make—but it's also about **kindness**. Because when we help our kids cook up a pot of soup for their family, friends, or neighbors, or when they make a gift for a loved one, we're teaching them how to be kind. And there are so many benefits! As the saying goes, kindness is its own reward: kindness brings kindness in return, but it also generates praise, confidence, good brain chemicals like dopamine, and, well, a better world. Whatever it means to you, it's something you want to help foster in your children. And, luckily, you can! We'll show you how.

Special delivery

If you know anyone who could use a soup drop-off—and we're thinking of sick folks, new parents, or anyone else who needs a little TLC—our **favorite container** is a 64-ounce (2-quart) mason jar. It's heat-proof, dishwasher-safe, and reusable, and it seals reliably for stress-free transport. And if you want the jar back? Just write your name on the lid with a permanent marker.



Be zesty!



Before you peel or juice any citrus fruit, scrub it under cold running water and grate the zest (see page 5) into a small jar of vegetable or olive oil. Add to it as you eat more citrus fruits and before you know it, you'll have a **deliciously flavored oil** to use for dips, dressings, and marinades.



New life for aging produce

If you've got some **wilted produce** in your vegetable drawer, then this is the issue for you! When it comes to less than perfect ingredients, there is nothing more forgiving than soup. These are ideal recipes for using up your:

- **Sprouting** onions and garlic
- **Wilting** celery and scallions
- **Older** carrots
- **Yellowing** herbs
- **Shriveled** ginger root

Sprout freely

You can sprout fresh—and free!—scallions from the leftover root ends! Simply cut the green tops of the scallions with scissors (use these to garnish any of the soups in this issue), leaving the root end and 1 to 2 inches of the white bulb. Put the scallions in a small jar or glass and add enough water to come about halfway up the scallions. Then put the jar in a sunny place and wait, changing the water whenever it looks cloudy and adding more if it gets low. In about a week, you'll have enough green growth to cut off and use! And as long as the scallions look healthy and bright green (not mushy or yellow), go ahead and keep growing and using them.



Varsha tries the snack she made.



RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Waffle With nut Butter



+



=



HEALTHY START

Cool Recipes for FROZEN FOODS overnight oats with cherries

Frozen cherries are a little taste of summer in wintertime. And they're so easy to use, since they're already pitted. This recipe combines them with creamy oats for a simple breakfast that's ready when you wake up.

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 10 HOURS ■ MAKES: 2 SERVINGS

KITCHEN GEAR

Measuring cups
2 jars with tight-fitting lids

INGREDIENTS

- 1 cup old-fashioned or rolled oats (not steel-cut)
- 1 cup milk (any kind)
- ½ cup frozen cherries, chopped
- ¼ cup chopped nuts (if you like)

INSTRUCTIONS

1. Divide all the ingredients between the two jars.
2. Screw the top on each jar tightly and shake well. Refrigerate overnight. The next morning, eat right out of the jars.

GET CREATIVE

- Swap in fresh or frozen blueberries, raspberries, or sliced strawberries for the cherries.
- Add a pinch of ground cinnamon or ½ teaspoon vanilla extract to each jar.
- Top with a dollop of plain yogurt.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



Varsha eats her easy overnight breakfast.



EVERYBODY MAKES CHICKEN SOUP

Chicken soup is popular all around the world. Which means there are lots of different ways to make and season it. We're offering just a few ideas here—but if you come from a region, culture, or family with its own chicken soup tradition,

don't hesitate to adapt one of these recipes. And if you don't eat chicken, just leave it out and substitute vegetable broth and, if you like, add some canned beans or cubes of tofu! All of the soups will keep, covered and refrigerated, up to 3 days.

Alphabet Soup

Can you spell “delicious”? Of course, you don’t have to use letter-shaped pasta for this soup—orzo or noodles will work just fine. But we do think it’s fun to make words while you eat!

ADULT: YES | HANDS-ON TIME: 40 MINUTES | TOTAL TIME: 1 HOUR 20 MINUTES | MAKES: 4–6 SERVINGS



Maddie adds the broth to the pot.

DID YOU KNOW?

In England, alphabet pasta goes by the name alphabetti spaghetti.



CHOPCHOP VIDEO SERIES

How to cut an onion

Watch Andrew and Tyler show you how to safely cut up an onion.
Go to youtu.be/CNhiWZBgOMI



BEFORE YOU START

- WASH your hands with soap and water and dry them.
- CLEAN the countertop.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Large pot
- Large spoon
- Pot holders

INGREDIENTS

- 1 tablespoon vegetable or olive oil
- 1 onion, peeled and chopped (see page 4)
- 2 celery stalks, sliced
- 2 carrots, scrubbed and sliced
- 1 teaspoon dried thyme
- 8 cups low-sodium chicken broth
- ½ cup alphabet-shaped pasta (orzo)
- 2 cups shredded cooked chicken (see page 16), from a home-cooked or rotisserie chicken (if you like)

INSTRUCTIONS

- Put the pot on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion, celery, carrots, and thyme and cook, stirring occasionally, until the vegetables are starting to soften but not turning brown, 10 to 15 minutes.
- Add the chicken broth, turn the heat up to high, and bring to a boil (you’ll know it’s boiling when you see bubbles breaking all over the surface). Turn the heat down to low and cook until the vegetables are tender and no longer float on the top, about 30 minutes.
- Add the pasta and cook until tender, about 8 minutes (or follow the cooking time on the package directions).
- Add the chicken, if using, and stir until heated throughout, about 1 minute. Taste the soup. Does it need a pinch of salt or another pinch of thyme? If so, add it and taste again. Serve right away, or let cool, cover, and refrigerate up to 3 days.



SAFETY TIP

Get an adult’s permission and help with all sharp knives,

appliances (blender and food processor), the stove or oven, and hot ingredients.

KITCHEN SKILLS

How to shred cooked chicken

To shred cooked chicken, first remove the skin, pull the meat from the bones, and put the meat on a cutting board. With a fork in each hand, pull the meat in opposite directions until it comes apart. Repeat until the chicken is as finely shredded as you like.



How to poach boneless chicken breasts or thighs

“Poaching” means cooking something gently in water, and we love to cook chicken this way for chicken salad and also for soup. You can refrigerate it for when you are ready to use it or, better yet, shred the chicken while it’s still warm. You can then use it right away, or pop it in a resealable plastic bag and freeze it. If you like, you can add flavorings like dried or fresh herbs, curry powder (if you’re using it for curried chicken salad or Mulligatawny, page 26), and/or sliced garlic or ginger to the water.

■ ADULT: YES ■ HANDS-ON TIME: 5 MINUTES ■ TOTAL TIME: 20 MINUTES ■ MAKES: 2 – 4 CUPS

KITCHEN GEAR

Medium pot or skillet with lid
Sharp knife (adult needed)
Thermometer (if you have one)
Slotted spoon
Cutting board
2 forks

INGREDIENTS

2–4 boneless, skinless chicken breasts or thighs
½ teaspoon salt

INSTRUCTIONS

1. Put the chicken and salt in the pot and pour in enough cold water to cover the chicken. Put the pot on the stove, turn the heat to medium-high, and bring to a boil (you’ll know it’s boiling when you see bubbles breaking all over the surface).
2. As soon as the water boils, turn the heat down to low, cover, and cook until the chicken is white in the middle when you poke into it with the knife, 10 to 12 minutes. If you’re using a thermometer, it should register 165 degrees. (You will see some white foam float on the surface, which you can ignore.)
3. Using the slotted spoon, remove the chicken and set aside on the cutting board to cool slightly. Shred the chicken (see above). If not using right away, cool completely, cover, and refrigerate up to 3 days, or freeze up to 3 months.

SAFETY TIP

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



KITCHEN CASH

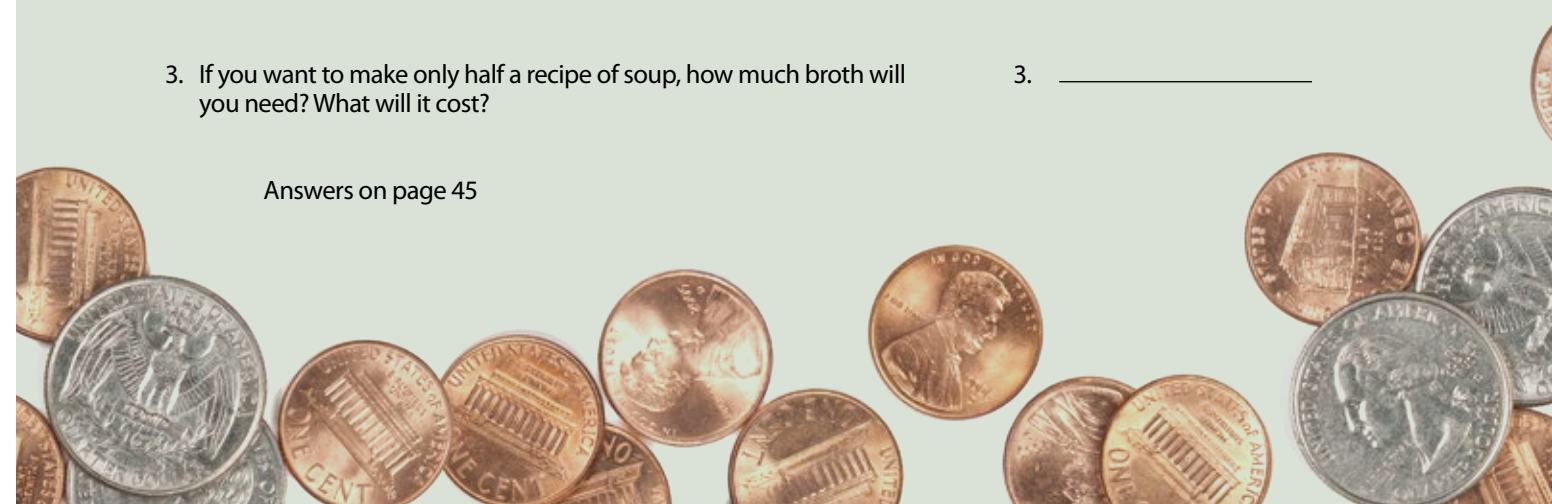
MATH AND FINANCE IN COOKING

Soup's on!

All of our soup recipes call for 8 cups of broth. Can you figure out how much money you’ll spend on it?

1. 4 cups = 1 quart. How many quarts of chicken broth do you need for each recipe? 1. _____
2. If 1 quart of broth costs \$2.50, how much will you spend on 8 cups? 2. _____
3. If you want to make only half a recipe of soup, how much broth will you need? What will it cost? 3. _____

Answers on page 45



Vietnamese Chicken Noodle Soup

Sour, spicy, crunchy, herbal, tender—this soup has so many flavors and textures! And it’s got a lot of toppings, making it fun to serve and eat. If you don’t have all the toppings, just use what you’ve got. Kid Recipe Tester Linnea loved this soup and wrote, “I would definitely make it again, especially for my mom’s side of the family, who are from Vietnam.”

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 45 MINUTES | MAKES: 4–6 SERVINGS



BEFORE YOU START

- WASH your hands with soap and water and dry them.
- CLEAN the countertop.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Medium bowl
- Large pot
- Large spoon
- Pot holders
- Small bowls for toppings
- Soup bowls
- Ladle

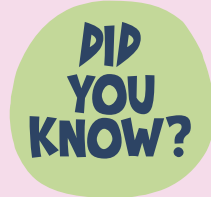
INGREDIENTS

- 4 ounces rice vermicelli or cellophane noodles
- 8 cups low-sodium chicken broth
- 4 quarter-size slices fresh ginger, finely chopped
- 2 garlic cloves, peeled and thinly sliced
- 1 lemongrass stalk, thinly sliced (optional)
- 2 tablespoons fish sauce (or soy sauce)
- 1 cup shredded cooked chicken (see page 16), from a home-cooked or rotisserie chicken

Toppings: Fresh cilantro and basil leaves, bean sprouts, sriracha or another Asian chili sauce or paste, lime wedges

INSTRUCTIONS

- Put the noodles in the medium bowl, cover them with hot water, and set aside until soft, 20 to 30 minutes (or follow the directions on the package).
- While the noodles are soaking, put the broth, ginger, garlic, lemongrass (if using), and fish sauce in the pot and put the pot on the stove. Turn the heat to high and bring to a boil (you’ll know it’s boiling when you see bubbles breaking all over the surface). Turn the heat down to low and cook for 20 minutes.
- Add the chicken, turn the heat up to medium-low, and stir to heat through, about 5 minutes. Taste the soup. Does it need more fish sauce or a pinch of salt? If so, add it and taste again.
- Put the toppings in the small bowls and put them out on the table.
- Drain the noodles and divide them into the soup bowls. Ladle some broth and chicken into each bowl of noodles and allow each diner to add whatever toppings they choose. Or let the soup cool, cover, and refrigerate up to 3 days.



You can use vermicelli (skinny noodles) made of rice flour, called bún in Vietnamese,

or you can use cellophane or glass noodles, made of mung bean flour, called miến. Look for them in an Asian market or in the international aisle of your supermarket.

SAFETY TIP

Get an adult’s permission and help with all sharp

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



Mexican Tortilla Soup

This soup would traditionally be made with pieces of fried corn tortillas, but we’re topping it with tortilla chips to make it simpler. If you can find fire-roasted canned tomatoes, use them here; they’ll add a wonderful smoky flavor to the soup.

ADULT: YES HANDS-ON TIME: 20 MINUTES TOTAL TIME: 1 HOUR MAKES: 4-6 SERVINGS

Varsha squeezes a lime wedge over her bowl of soup.

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Can opener (adult needed)
- Large pot
- Large spoon
- Small spoon
- Cup
- Pot holders
- Small bowls for toppings
- Ladle
- Soup bowls

INGREDIENTS

- 2 tablespoons olive or vegetable oil
- 1 onion, peeled and chopped (see page 4)
- 3 garlic cloves, minced
- 2 teaspoons chili powder
- 1 tablespoon cornmeal
- ½ cup cold water
- 1 (14-ounce) can diced or crushed tomatoes, ideally fire-roasted
- 8 cups low-sodium chicken broth
- 2 cups shredded cooked chicken (see page 16), from a home-cooked or rotisserie chicken
- 1 (14-ounce) can black beans, drained and rinsed
- Juice of ½ lime

Toppings: tortilla chips, plain yogurt, diced avocado, lime wedges, chopped fresh cilantro



BEFORE YOU START

- WASH** your hands with soap and water and dry them.
- CLEAN** the countertop.
- GATHER** all your kitchen gear and ingredients and put them on the counter.
- SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



INSTRUCTIONS

- Put the pot on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion and garlic and cook, stirring occasionally, until the vegetables are tender and browning, about 20 minutes. Add the chili powder and cook just until you can smell it, about 30 seconds.
- Put the cornmeal in the cup and add the water. Stir well.
- Add the tomatoes and their juices to the pot, then add the chicken broth and cornmeal mixture (this will help thicken the soup). Turn the heat up to high and bring to a boil (you’ll know it’s boiling when you see bubbles breaking all over the surface). Turn the heat down to low and cook for 30 minutes.
- Add the chicken, beans, and lime juice and cook until heated through, about 5 minutes. Taste the soup. Does it need a pinch of salt or more lime juice? If so, add it, then taste again.
- Put the toppings in the small bowls and put them out on the table
- Ladle the soup into the soup bowls and allow each diner to add whatever toppings they choose. Or let the soup cool, cover, and refrigerate up to 3 days.



CHOPCHOP VIDEO SERIES

Using a garlic press

Sebastian shows you how to use a garlic press.
Go to youtu.be/LCJ-Nwgo-2Q

DID YOU KNOW?

The triangle-shaped tortilla chip became popular in the 1940s, when the owners of the Los Angeles El Zarape Tortilla Factory needed a way to use the misshapen tortillas that sometimes came out of their manufacturing machine. They cut them into triangles, fried them, and sold them for ten cents a bag.

Maddie and Surin roll the matzo balls

EVERYBODY MAKES CHICKEN SOUP

Matzo Ball Soup

What makes a great matzo ball is a hotly debated topic. Some people like their matzo balls dense, and some like them airy and light. Some like them cooked in water first and some cook them right in the soup. Try our method and see what you think! Or use matzo-ball mix instead, which you can find in many grocery stores.

ADULT: YES | HANDS-ON TIME: 25 MINUTES | TOTAL TIME: 1 HOUR 50 MINUTES | MAKES: 4-6 SERVINGS



BEFORE YOU START

WASH your hands with soap and water and dry them.

CLEAN the countertop.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Measuring cups
Measuring spoons
Large bowl
Large spoon
Large pot with lid
Pot holders
Slotted spoon
Soup bowls
Ladle

INGREDIENTS

4 large eggs
¼ cup plus 2 cups water, divided
¼ cup vegetable oil
1 cup matzo meal
½ teaspoon baking powder
8 cups low-sodium chicken broth
2 carrots, scrubbed and sliced
2 cups shredded cooked chicken (see page 16), from a home-cooked or rotisserie chicken (if you like)
Finely chopped fresh dill, for topping (if you like)

1. To make the matzo balls: Put the eggs, ¼ cup of the water, and the oil in the large bowl and mix well. Add the matzo meal and baking powder and mix again.
2. Transfer to the refrigerator and chill, uncovered, for 30 minutes. Divide into 12 portions and use your clean hands to roll each portion into a ball.
3. Put the chicken broth and remaining 2 cups water in the pot and put the pot on the stove. Turn the heat to high and bring to a boil (you'll know it's boiling when you see bubbles breaking all over the surface). Turn the heat down to low and carefully add the carrots and then the matzo balls. Cover and cook for 1 hour.
4. Add the chicken (if you like), turn the heat up to medium-low, and stir to heat through, about 5 minutes.
5. Using the slotted spoon, remove the matzo balls and divide them into the soup bowls. Ladle some of the soup into each bowl. Serve right away, topped with a little dill (if you like). Or let the soup cool, cover, and refrigerate up to 3 days.

SAFETY TIP

Get an adult's permission and help with all sharp

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

WHAT'S DIFFERENT?

We found
9 changes
in the picture
on the right.

Can you
find them all?
Solution on
page 45.



Mulligatawny

Mulligatawny is a hearty, slightly sweet, curry-flavored soup. The name comes from the Tamil (South Asian) words *milagu*, which means black pepper (it's in your curry powder), and *tawni*, which means water. The soup originated in India as a peppery broth, but British colonists added meat and other ingredients to appeal to their own tastes.

ADULT: YES | HANDS-ON TIME: 45 MINUTES | TOTAL TIME: 1 HOUR 15 MINUTES | MAKES: 4–6 SERVINGS

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Large pot
- Large spoon
- Pot holders
- Ladle
- Soup bowls

INGREDIENTS

- 1 tablespoon vegetable or olive oil
- 1 onion, peeled and chopped (see page 4)
- 1 carrot, scrubbed and sliced
- 1 celery stalk, sliced
- 1 unpeeled apple, cored and chopped
- 1 tablespoon finely chopped fresh ginger
- 3 garlic cloves, peeled and finely chopped
- 1–2 tablespoons sweet or hot curry powder (depending on how much you like curry)
- 1 fresh or canned tomato, cored and diced
- 8 cups low-sodium chicken broth
- 2 cups shredded cooked chicken (see page 16), from a homemade or rotisserie chicken
- ¼ cup unsweetened shredded or flaked coconut

Toppings: chopped fresh cilantro leaves and plain yogurt

Avery makes sure the lid is on tight!



BEFORE YOU START

- WASH** your hands with soap and water and dry them.
- CLEAN** the countertop.
- GATHER** all your kitchen gear and ingredients and put them on the counter.
- SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP

Get an adult's permission and help with all sharp

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

INSTRUCTIONS

- Put the pot on the stove, turn the heat to medium, and add the oil. When the oil is hot, add the onion, carrot, celery, apple, ginger, garlic, and curry powder and cook, stirring occasionally, until the vegetables are tender, about 20 minutes.
- Add the tomato and chicken broth. Turn the heat up to high and bring to a boil (you'll know it's boiling when you see bubbles breaking all over the surface). Turn the heat down to low and cook for 30 minutes.

- Add the chicken and coconut, turn the heat up to medium-low, and stir to heat through, about 5 minutes. Taste the soup. Does it need another pinch of salt or curry powder or extra coconut? If so, add it, then taste again.
- Ladle the soup into the soup bowls and top with some cilantro and a dollop of yogurt. Or let the soup cool, cover, and refrigerate up to 3 days.

OR ELSE

For a thicker soup, puree half of it in a blender or food processor (see page 5).



HOLIDAY GIFTS WITH WOW FACTOR

Do you love making homemade treats
at the holidays? So do we!
Here are some we'll be gifting this year.



SAFETY TIP Get an adult's permission and help with all sharp knives,



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Varsha tastes
the brittle.

Nut and Seed Brittle

This is a crunchy, candy-like treat, and you only need 4 ingredients to make it.
For gifting, pack the brittle in cellophane bags or a small box lined with wax paper.

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 30 MINUTES ■ MAKES: 6 SERVINGS

KITCHEN GEAR

Measuring cups
Measuring spoons
Rimmed baking sheet
Parchment or wax paper
Skillet
Wooden spoon or heatproof spatula
Pot holders

INGREDIENTS

- ¼ cup water
- ¼ cup sugar
- ¼ teaspoon salt
- 1 cup lightly salted and toasted mixed nuts and/or seeds, such as almonds, walnuts, and pumpkin seeds (or canned mixed nuts)

INSTRUCTIONS

1. Line the baking sheet with parchment or wax paper. Set aside.
2. Put the water, sugar, and salt in the skillet, stir, and bring to a boil over high heat. Turn the heat down to medium and cook until the mixture just starts to brown.
3. Add the nuts and seeds, stir, and continue to cook until the liquid has completely covered the nuts, about 2 minutes.
4. Very carefully, with the help of your adult, dump the nuts onto the prepared baking sheet and set aside until cooled. Refrigerate until hardened, about 10 minutes.
5. Break into 10 to 16 pieces. Cover and refrigerate until ready to eat or share!



appliances (blender and food processor), the stove or oven, and hot ingredients.

Nut-Butter Crispy Rice Treats

This is our favorite variation on the classic marshmallow treat. For gifting, wrap individual pieces in wax paper and tie them up with twine or ribbon.

ADULT: YES | HANDS-ON TIME: 20 MINUTES | TOTAL TIME: 1 HOUR 20 MINUTES | MAKES: 12 SERVINGS

KITCHEN GEAR

- Measuring cups
- Measuring spoons
- Medium microwave-safe bowl
- Wooden spoon or heatproof spatula
- 8-inch square baking pan
- Parchment or wax paper
- Sharp knife (adult needed)

INGREDIENTS

- ½ cup honey
- ½ cup creamy nut butter (or tahini)
- 1 teaspoon vanilla extract (if you like)
- 4 cups crispy rice cereal

INSTRUCTIONS

- Put the honey and nut butter in the bowl and put it in the microwave. Microwave until warm and pourable, about 30 seconds, then stir until very smooth.
- Stir in the vanilla (if using), then add the rice cereal and mix until all the cereal is covered with the nut-butter mixture.
- Pour the mixture into the baking pan, and use the spoon or spatula to distribute it evenly. Top with a piece of wax or parchment paper and press it down with your hands to pack the mixture down flat in the pan.
- Refrigerate or freeze until fully cooled, about 1 hour. Cut into 12 to 16 pieces and serve right away, or cover and refrigerate up to 3 days.

GET CREATIVE

- Add ½ cup unsweetened coconut.
- Add ½ cup chopped peanuts or almonds.



BEFORE YOU START

- WASH your hands with soap and water and dry them.
- CLEAN the countertop.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



SAFETY TIP

Get an adult's permission and help with all sharp



SPiCy SPiCe MiX

It's not super spicy—but it is super tasty! Make extra so you can keep some and give away the rest. We love it sprinkled into soups or salads, on top of cottage cheese or Greek yogurt, and as a popcorn seasoning. Just tie a ribbon on the jar, add a gift tag, and it's ready to give.

ADULT: NO | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: ½ CUP

KITCHEN GEAR

- Measuring cups
- Measuring spoons
- Jar with lid

INGREDIENTS

- ⅓ cup salt (preferably kosher salt)
- 2 tablespoons crushed red pepper
- 2 tablespoons dried oregano
- 2 teaspoons smoked paprika (if you have it) or regular paprika

INSTRUCTIONS

Put all the ingredients in the jar, screw the lid on tightly, and shake well.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT CLEMENTINES

Sweet, juicy clementines are the peelable, portable, just-right-size citrus snack, and they're in season now. Clementines tend to be seedless, which makes them even easier to enjoy, and their small size means you get a lot of them in a single bag or box. The flavor is refreshing, and they offer plenty of nutrients for recharging your body. We can't think of a better way to brighten up the winter!

5 WAYS TO EAT A CLEMENTINE

Peel it for easy snacking.

Cut it in half and stuff it into a roasting chicken.

Slice it and add it to a pitcher of water.

Add the segments to a fruit salad or a green salad.

Grate the peel to flavor salad dressings or baked goods.



Emerson and Zadie decorate a clementine box.

GET CRAFTY

If your clementines come in a cardboard or wooden crate, you can repurpose it! Simply decorate it with paint, stickers, or pretty paper (or leave it plain), and use it as a:

- Phone stasher, where everyone can store their devices during dinner.
- Storage container for your herbs and spices.
- Planter box for herbs or salad greens.



Aaron contemplates a clementine.



TRY THIS

The tangy, juicy sweetness of a clementine is in the fruit itself. But a lot of the aroma (smell) is in the peel, which is full of fragrant oils. To test this, hold a piece of clementine peel between your thumb and forefinger, with the orange part facing out. Now squeeze. If you look carefully, you might be able to see the fine mist of oil squirting from the peel—and you'll certainly smell it!

DID YOU KNOW?

The clementine is a **hybrid**, which means a cross between two other plants—in this case, the mandarin orange and the sweet orange.

Inside the segments of a citrus fruit, those tiny juice-filled sacs are called **pulp vesicles**.

OH, BROTHER!

The clementine was named after a French missionary named Brother Clément Rodier, who found the hybrid growing in his garden in Northern Algeria in the late 19th century.

Orange-cream SorBet

Okay, it's actually clementines and milk—but this easy frozen treat might just remind you of a classic vanilla-centered ice pop! Kid Recipe Tester Amine added some grated zest to his sorbet and loved the flavor it added; scrub and zest one of the clementines before peeling if you'd like to try it (see page 5).

ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 2 HOURS 15 MINUTES | MAKES: 4 SERVINGS

KITCHEN GEAR

Rimmed baking sheet
Parchment or wax paper
Measuring spoons
Food processor (adult needed)
Wooden spoon

INGREDIENTS

8 clementines or seedless mandarins
2 tablespoons milk or plain yogurt
½ teaspoon vanilla extract
Pinch of salt

INSTRUCTIONS

1. Line the baking sheet with parchment or wax paper.
2. Peel the clementines and separate them into sections. Put the sections on the prepared baking sheet and freeze until solid, about 2 hours.
3. Put the frozen clementine sections in the food processor, along with the milk or yogurt, vanilla, and salt, and turn the machine on to blend them. At first they will want to spin around and stay icy, but keep at it, stopping the machine and using the wooden spoon to loosen the mixture if it stops moving. Eventually it will get creamy, like soft-serve ice cream. (Be patient! This takes a while.)
4. Serve right away.

Diego digs into the sorbet.



BEFORE YOU START

- WASH your hands with soap and water and dry them.
- CLEAN the countertop.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a clean dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.



SAFETY TIP

Get an adult's permission and help with all sharp knives,

appliances (blender and food processor), the stove or oven, and hot ingredients.



BEFORE YOU START

▶ **WASH** your hands with soap and water and dry them.

▶ **CLEAN** the countertop.

▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.

▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.

▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

ALL ABOUT CLEMENTINES

Clementine Smoothie

This thick drink is the perfect combination of creamy, tangy, and sweet. We love it for breakfast, but it also makes a great after-school or evening snack.

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 15 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Measuring cups

Blender (adult needed)

INGREDIENTS

- 6 clementines, peeled
- 1 ripe banana, peeled and ideally frozen
- ½ cup plain yogurt
- ½ cup ice cubes (if not using a frozen banana)
- ¼–1 cup cold water (if needed)

INSTRUCTIONS

1. Put the clementines, banana, yogurt, and ice cubes (if not using a frozen banana) in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute. If the mixture is too thick to blend, gradually add up to 1 cup cold water.
3. Serve right away, or cover and refrigerate up to 1 hour.



THINK AHEAD

To help make smoothies colder and creamier, it's great to have slices of frozen banana ready to go. It's easy:

1. Peel very ripe bananas.
2. Use a butter knife to slice them into thin rounds.
3. Put the slices in a resealable plastic bag, label the bag with the number of bananas it contains, and freeze until needed.

Leigha pours the smoothie for Emerson.

SAFETY TIP

Get an adult's permission and help with all sharp

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

ALL ABOUT CLEMENTINES

Two-Citrus Vinaigrette

This sweet-tart dressing is especially tasty on a salad of sliced avocados and clementine segments, but it's also a great all-purpose dressing we love to drizzle on any kind of greens. Be sure to grate the zest off the clementines before you cut them in half to squeeze the juice out.

■ ADULT: YES ■ HANDS-ON TIME: 10 MINUTES ■ TOTAL TIME: 10 MINUTES ■ MAKES: ¾ CUP

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Grater
Small bowl and whisk or
lidded jar

INGREDIENTS

- ½ cup olive or vegetable oil
- Grated zest (see page 5) and
juice of 2 clementines or
1 orange (about ¼ cup
juice)
- 2 tablespoons lime juice
- ½ teaspoon salt
- ¼ teaspoon ground black
pepper

INSTRUCTIONS

1. Put all the ingredients in the bowl and whisk or put them in the jar, screw the lid on tightly, and shake.
2. Use right away or cover and refrigerate up to 1 week.



BEFORE YOU START

- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the countertop.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



SAFETY TIP

Get an adult's permission and help with all sharp

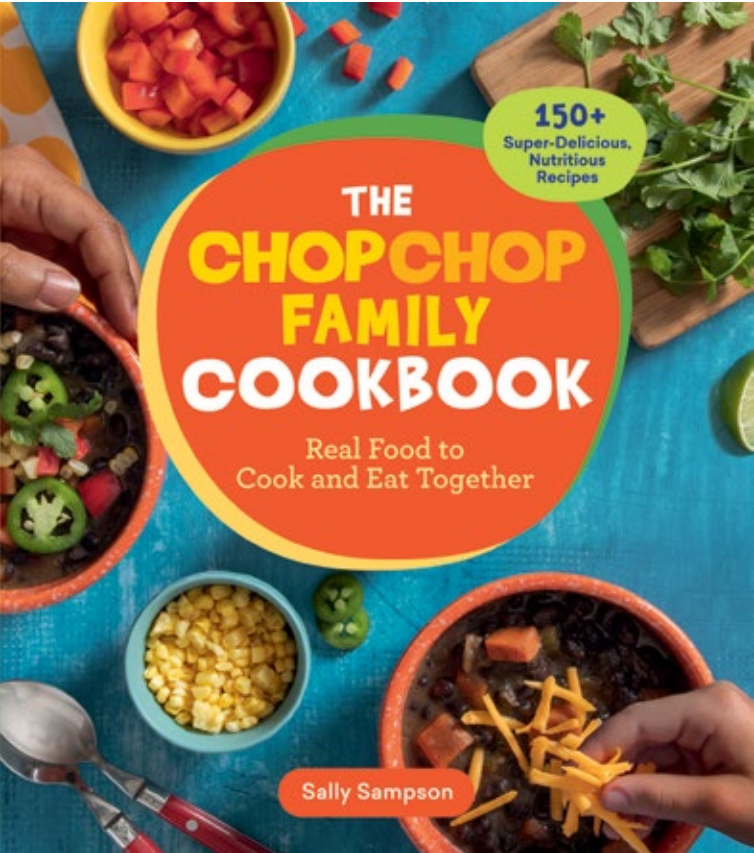
Diego pours out the freshly made vinaigrette.



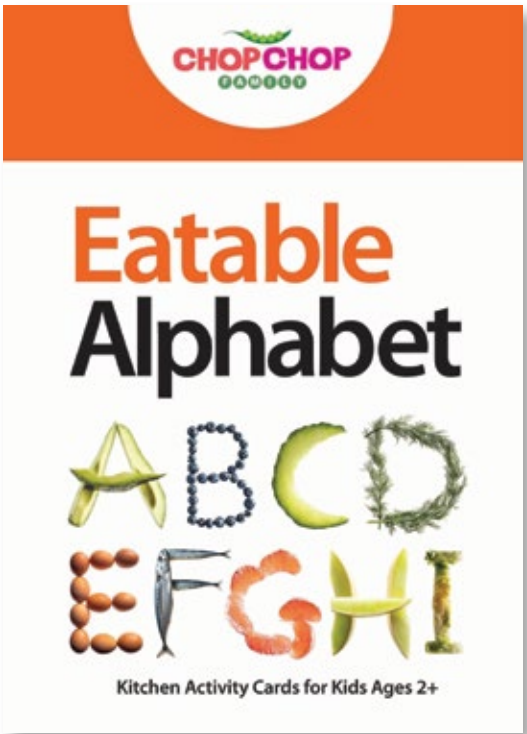
knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

CHECK IT OUT!

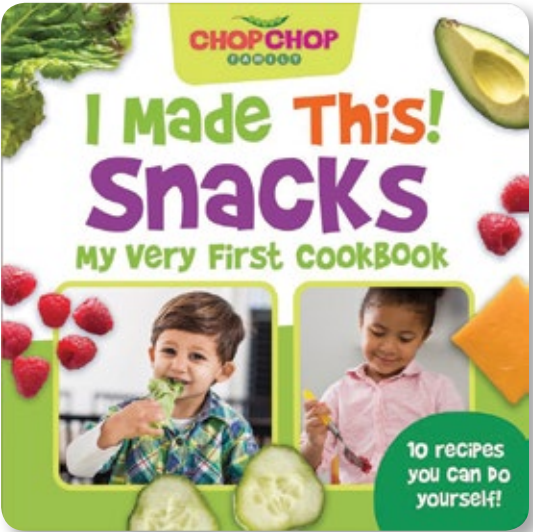
A cookbook makes a wonderful holiday gift, and we've got three of our own to recommend. You can find them at chopchopfamily.org/ourshop



The ChopChop Family Cookbook
With over 150 recipes designed to be crafted and enjoyed by the whole family, this is a cookbook you don't want to miss! These recipes cover everything from breakfast in the morning to dessert at the end of your day, and with the delicious photos you will want to try every one of them! Not so confident in your kitchen skills? Don't worry, there are guides included to help you gather the right supplies and hone your kitchen skills!



Eatable Alphabet
What better way is there to make letters more fun than to eat them? Gather the family and explore the sensory activities and delicious recipes that accompany each letter of the alphabet. Find familiar treats to try or explore new foods that accompany your favorite letters. Either way you're guaranteed to end up with something tasty!



I Made This! Snacks: My Very First Cookbook
This board book is truly a cookbook for the youngest chefs! With colorful photos and simple, two-ingredient recipes, this little book is irresistible at any age. Grab someone who likes a good snack as much as you do and follow the quick steps to bring these treats to life!

SCRUMPTIOUS WORD SEARCH

A	L	A	G	F	Q	O	F	C	H	I	P	S	C	L
Q	I	E	R	S	D	U	L	H	N	V	Y	S	G	O
W	V	D	C	E	A	M	P	C	I	T	R	U	S	W
N	C	W	R	H	C	A	S	H	E	W	S	P	B	Q
M	V	O	Q	T	I	C	O	R	N	M	E	A	L	U
V	C	M	C	W	M	C	H	O	P	P	E	D	D	M
C	A	R	R	O	T	S	K	E	C	H	I	L	I	R
D	N	F	U	H	N	A	J	E	R	U	R	D	D	G
C	E	L	E	R	Y	U	U	U	N	R	B	F	L	Y
D	X	S	M	H	U	S	T	C	J	L	I	X	M	Z
F	Z	C	E	L	L	O	P	H	A	N	E	E	U	S
F	I	H	L	J	D	N	G	F	R	V	C	M	S	C
B	B	E	P	C	R	U	N	C	H	Y	E	Q	L	I
C	Y	E	O	C	O	U	C	A	N	N	E	D	W	L
U	T	S	L	O	K	D	C	Z	V	N	B	T	G	A
R	U	E	C	R	A	N	B	E	R	R	I	E	S	N
R	J	B	J	L	J	F	Q	Q	W	E	V	V	F	T
Y	K	S	C	L	E	M	E	N	T	I	N	E	S	R
Z	G	V	C	C	H	I	L	L	E	D	N	W	A	O

- WORDS
HIDDEN
ABOVE
- CANNED
CARROTS
CASHEWS
CELERY
- CELLOPHANE
CHEESE
CHERRIES
CHICKEN
CHILI
- CHILLED
CHIPS
CHOPPED
CILANTRO
CITRUS
- CLEMENTINES
COCONUT
CORED
CORNMEAL
- CRANBERRIES
CRUNCHY
CURRY

Answers on page 45

LOOK AGAIN



Can you guess what this is? Answer on page 45

DELICIOUS
DINNERTIME
DILEMMAS

If you could eat
only one kind of
soup for the rest
of your life, what
would you pick?

What is your
favorite kind
of citrus fruit
and why?



Noodles or rice?

SCRAMBLED WORDS

Unscramble these words to find five ingredients
from our soup recipes.

M I E L

--	--	--	--	--

T H R O B

--	--	--	--	--	--

N O N O I

--	--	--	--	--	--

E G G R I N

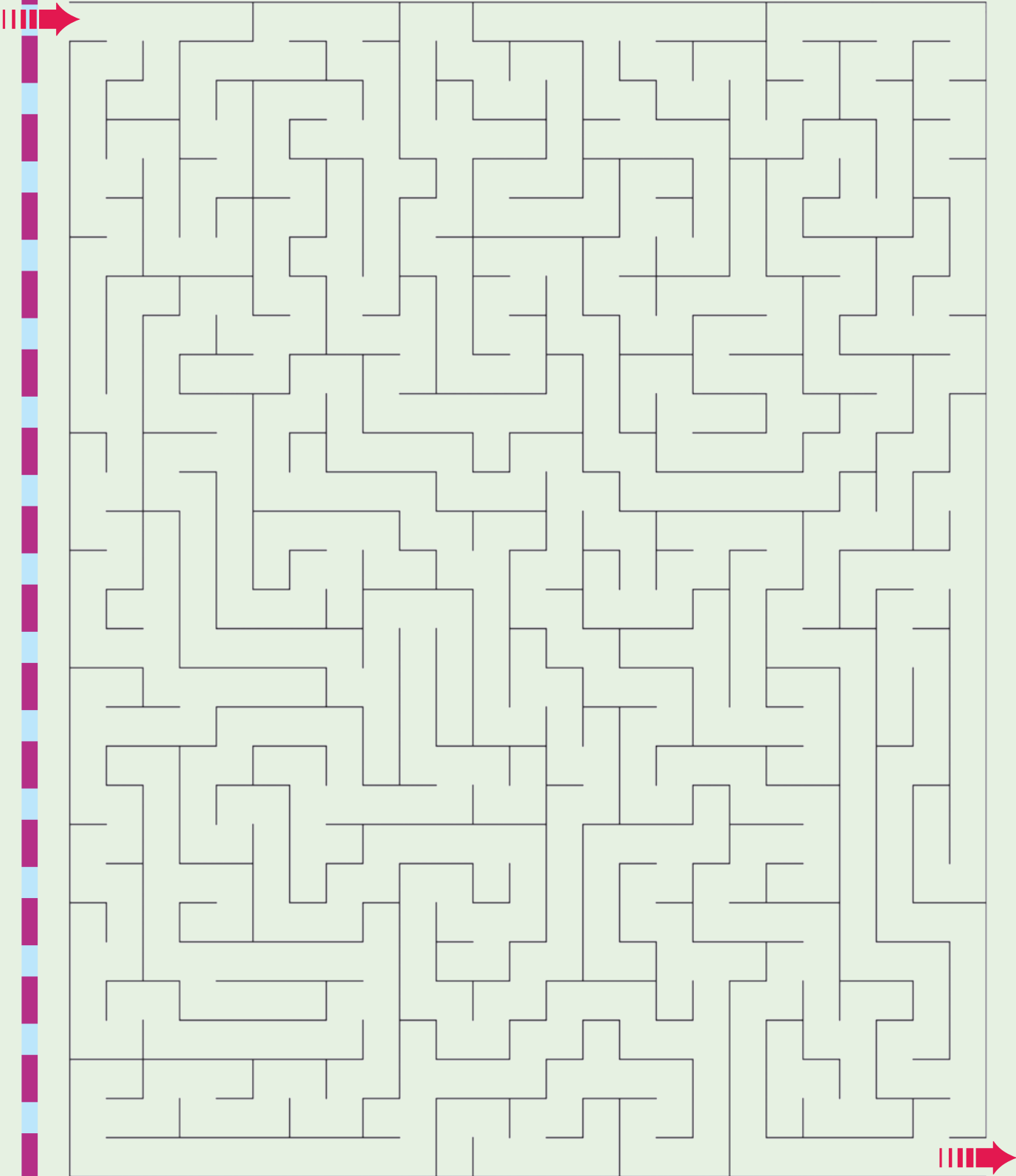
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S L A N G M O S E R

--	--	--	--	--	--	--	--	--	--	--	--

Answers on page 45

AMAZING MAZE Can you find your way out?





Solutions

WORD SEARCH

FROM PAGE 41

A	L	A	G	F	Q	O	F	C	H	I	P	S	C	L
Q	I	E	R	S	D	U	L	H	N	V	Y	S	G	O
W	V	D	C	E	A	M	P	C	I	T	R	U	S	W
N	C	W	R	H	C	A	S	H	E	W	S	P	B	Q
M	V	O	Q	T	I	C	O	R	N	M	E	A	L	U
V	C	M	C	W	M	C	H	O	P	P	E	D	D	M
C	A	R	R	O	T	S	K	E	C	H	I	L	I	R
D	N	F	U	H	N	A	J	E	R	U	R	D	D	G
C	E	L	E	R	Y	U	U	U	N	R	B	F	L	Y
D	X	S	M	H	U	S	T	C	J	L	I	X	M	Z
F	Z	C	E	L	L	O	P	H	A	N	E	E	U	S
F	I	H	L	J	D	N	G	F	R	V	C	M	S	C
B	B	E	P	C	R	U	N	C	H	Y	E	Q	L	I
C	Y	E	O	C	O	U	C	A	N	N	E	D	W	L
U	T	S	L	O	K	D	C	Z	V	N	B	T	G	A
R	U	E	C	R	A	N	B	E	R	R	I	E	S	N
R	J	B	J	L	J	F	Q	Q	W	E	V	V	F	T
Y	K	S	C	L	E	M	E	N	T	I	N	E	S	R
Z	G	V	C	C	H	I	L	L	E	D	N	W	A	O

WHAT'S DIFFERENT?

FROM PAGE 24

Numbers show changes in the picture. Changed items are listed below.

1. Clementine unpeeled
2. Orange removed from squeezer
3. Lemon slice swapped for grapefruit slice
4. Squeezed lime next to juicer
5. Orange peel moved
6. Orange section cut in half
7. Grapefruit section missing
8. Orange no longer zested

LOOK AGAIN

FROM PAGE 42



Answer: Cellophane noodles

SCRAMBLED WORDS

FROM PAGE 42

L I M E

B R O T H

O N I O N

G I N G E R

L E M O N G R A S S

KITCHEN CASH

FROM PAGE 17

1. 8 cups = 2 quarts
2. 2 x \$2.50 = \$5.00
3. ½ x 8 cups = 4 cups = 1 quart = \$2.50

QUICK BITES



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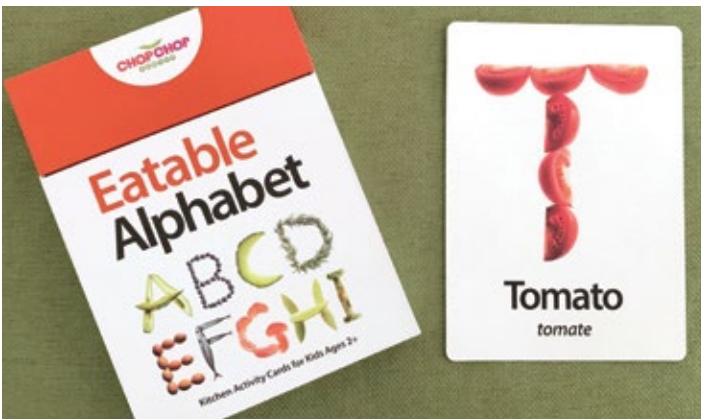


Eatable Alphabet



SCAN ME

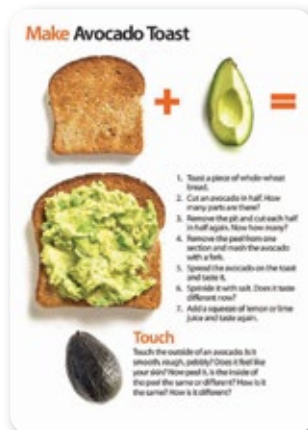
Kitchen Activity Cards for Kids Ages 2+



Developed by ChopChop Family in collaboration with the American Academy of Pediatrics, and with funding from the CDC, **Eatable Alphabet™** teaches kids aged 2–6 that cooking real food is fun.

The cards offer a portable, accessible way to:

- Engage and educate kids
- Cultivate bonding between kids and caregivers
- Promote early nutrition awareness
- Experience the senses (sight, smell, sound, touch, taste)
- Introduce language and food literacy
- Learn to count
- Teach valuable life skills



Visit chopchopfamily.org/eatablealphabet to order yours!